

#stayhomestayactive

@PEatHome1

EXPLORE



You can use a Frisbee (disc), a paper plate (upside down flies best), or any circular container lid.

Bright ideas:

Getting the disc to fly!

Explore lots of different ways to get your disc to fly through the air.

Does it work best using two hands to throw it or one hand?

Keep trying with one hand. Can you get your disc to fly in a straight line?

See how far you can get your disc to fly.



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Where can I find out more about Ultimate Frisbee?

<http://www.birminghamultimate.co.uk/>

<https://www.ukultimate.com/>

<https://birmingham.ultimatecentral.com/>

PRACTICE

Choose a favourite toy to help you with this activity.

Stand sideways
Hold your disc in one hand, and make sure it is flat.



Throw your disc and see how far you can get it to go. Take your toy and put it next to where the disc landed.

Now go back to where you started from and try again. Can you get your disc to fly past your toy?

Personal, Social and Emotional Development.

When you play a game of Ultimate Frisbee there are no referees so it is important that everyone knows the rules.

Make up some rules for the game that you played in the 'develop' activity. Can you explain the rules and why it is important that everyone follows them?



Make sure you have enough room to safely complete the tasks.



Mathematics - Shape, Space and Measures

An Ultimate Frisbee pitch is made up of different sizes of rectangles. Can you spot them?



Have a look around your home for lots of other rectangles.

What is the biggest one you can find? What is the smallest one?

DEVELOP



You will need your disc and favourite toy again.

In this activity you are going to practice throwing your disc towards a target (your favourite toy).

Put your toy on the ground a few steps in front of you.

Can you get your disc to land on, or knock over your toy?

Try moving your toy further away from you if you can.

Challenge someone in your family to play this game with you. Score one point for each time you land your disc on your toy.



Parent's Tip!

Encourage your child to spend lots of time exploring how to get the disc to fly.

Once they become confident, you can help them to get into the correct body shape; standing sideways on, holding the disc flat and flicking the arm out straight in front.

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EXPLORE



You can use a Frisbee (disc), a paper plate (upside down flies best!), or any circular container lid.

Bright ideas:

Can you get your disc to fly through the air using one hand? How far can you get your disc to fly in a straight line?

Make a target on a wall at the same height as your shoulders. Can you get your disc to hit the target?

Can you ask someone in your family to throw your disc to you so you can catch it? Try to catch your disc in two hands.

The clap catch is an essential skill in Ultimate Frisbee. Practise catching the disc using the 'clap catch' as shown below.



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PRACTICE

Move your body in front of the disc and keep your eyes on it at all times. When it gets close to you, make a clapping action on the top and bottom of the disc with your hands and trap it. Trap with your palms.



This catching technique is for waist and chin level catches.

Ask someone in your family to throw the disc to you at waist height. Practise catching the disc by trapping it between your hands. Now try catching the disc at knee height.

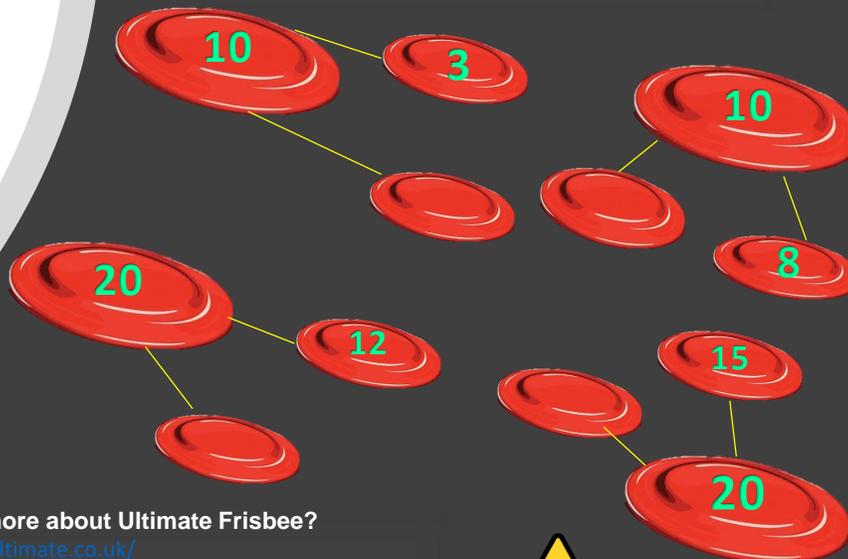
Move your feet to get into position to make the catch and have your hands open ready!



Mathematics Challenge!

Number Bonds

Using the ultimate Frisbee discs add up the number bonds to make 10 + 20



Make sure you have enough room to complete the tasks.

DEVELOP



In this activity you are going to use the new skills you have learnt to play a game with a family member.

There will be three challenges to complete;

1. You each have five goes to throw your disc at your target from behind a marker. Keep score (3 points if you hit the target, 2 points if you are close, 1 point if your disc flies.)
2. Ask your family member to throw the disc towards you at either waist or chin height. Every time you catch the disc using the clap catch you score 1 point. Remember your score!
3. Now it is your turn to throw the disc to your family member five times. See how many points they can score using the clap catch.

Add up the points from the three challenges for the Ultimate Frisbee winner!

PSHE Challenge!

Ultimate Frisbee is a self-officiating game, which means that it doesn't have a referee. Players are expected to play fair, be honest and own up when they have committed a foul. This is called 'Spirit of the Game'.

These qualities are very important in every day life. Can you think of a time recently when you did the wrong thing? This might have been at home, school or with your friends.

Talk to a family member, can you tell them what you should have done differently and why it is important to be fair, honest and own up when you have done something wrong?



Parent's Tip!

The clap catch is the safest and most successful catch for beginners playing Ultimate Frisbee.

To make the catch even more successful and for added security, get your child to position their body in front of the disc.

Encourage your child to keep their eyes on the disc all the time it is travelling towards them.

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EXPLORE

You can use a Frisbee (disc), a paper plate (upside down flies best), or any circular container lid.



Bright Ideas

Can you ask someone in your family to throw your disc to you so you can catch it?

Try catching it in two hands and then one hand. Which is easiest?

Practise catching the disc using these 'pincer' grips below.

Low Catch
Thumbs on top.



High Catch
Thumbs underneath



PRACTICE

Pincer Grip Catch
This catching technique is for high and low catches.

Ask someone in your family to throw the disc to you at about head height or knee height and practise catching the disc using your fingers like the pincers on a crab!

Move your feet to get into position to make the catch and have your hands and 'pincer fingers' ready!

Make sure you get your thumbs in the correct position depending on the height of the disc.



Design and Technology Challenge!

Walter Frederick Morrison invented the first game of Frisbee using metal cake pans in the 1930s and he called it 'Flying Cake Pans'.

Discs are now made from plastic and have interesting designs on them.

Design a pattern or graphic that could go onto a disc. Make different sketches of your designs and annotate your ideas onto your sketches.

Could you make a prototype for your design?



PSHE Challenge!

Ultimate Frisbee is a self-officiating game, which means that it doesn't have a referee. Players are expected to play fairly, be honest and own up when they have committed a foul. This is called 'Spirit of the Game'.

Write out some guidelines for how players could ensure they play with fairness and honesty.

DEVELOP



Ask someone in your family to help you again.

Practise moving into a space to catch the disc. You can do this by asking whoever is helping you to throw the disc into a space either side of you so that you have to move to catch it. Give yourself one point for each successful pincer grip catch.

Devise a game to play with a family member where points are scored for accurate catches. Could you score more points for a pincer grip catch?



Parent's Tip!

You must keep balanced when catching the disc in Ultimate Frisbee, so practise catching with your feet shoulder width apart and knees slightly flexed.

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Make sure you have enough room to complete the tasks.

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EXPLORE



A backhand throw is an essential skill in Ultimate Frisbee.

Find a Frisbee (disc), plastic biscuit tin lid, paper plate or anything that is light, round and flat!

How many different ways can you find to move the disc?

Bright ideas:

- Throw it vertically up into the air
- Throw it with two hands or one hand
- Roll it on its side
- Flip it up in the air horizontally
- Spin the disc in the air horizontally

Backhand Grip

Lightly grip the disc so that all your fingertips are along the inside rim of the disc.



Backhand Stance

Turn your body so that you are sideways to your target. Your right foot and right shoulder should be forward if you are right handed.



Can you get the disc to fly flat into a space in front of you?

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PRACTICE

You will need four plastic bottles or objects for this challenge.

Place them a safe distance away from you.



Using a backhand throw, how many attempts does it take for you to knock down all the bottles with your disc?

Can you challenge a member of your family to beat your score?

Move the bottles further apart to challenge yourself!

Maths Challenge!



The first Ultimate Frisbee European Championships were won by Finland in 1980.

Kimi Raikkonen is a Finnish Formula One racing driver who won the World Championship in 2007.

The average speed at the Italian Grand Prix is 152mph. Assuming that the car constantly travels at this speed and the length of the race is 190 miles long, how long would it take him to finish the race?

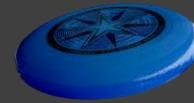
If an average car moves at a constant speed of 60mph over the same distance, how much longer would it take to complete the race distance?



HINT: Try using the distance, speed time triangle opposite to help you!



Make sure you have enough room to complete the tasks.



Geography Challenge

Ultimate Frisbee was first played in New Jersey in America in 1968.



New Jersey is the most densely populated state in the United States of America.

- What are the factors that influence people moving to densely populated areas?
- What are the factors that discourage people moving to densely populated areas?

The world's population is continuing to rise.

- What are the factors causing population change?

DEVELOP



Find 5 baskets, buckets or containers and place them around you at different distances to create a course. We are about to play Frisbee Golf!

Pick one target and use the backhand throw to try and get the disc into the container. Count how many attempts you need.

Carry on around your course adding up how many attempts you need to get the disc into the containers. Challenge someone else in your family to beat your score.

Can you design a different course for a younger sibling or for an adult? What differences would you make to your course?

Can you add in areas such as bunkers and water hazards using cones, string or coloured paper? – if you land in here, add an extra 2 points to your score!



Parent's Tip!

Make sure that you have the correct grip before throwing the disc. Increase the size of the bottles / objects to make it easier to hit them. Decrease the size of the containers for more challenge!

KS3

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EXPLORE



A forehand throw is an essential skill in Ultimate Frisbee.

Find a disc, plastic biscuit tin lid, paper plate or anything that is light, round and flat!

Find an open space; a park or a field. How far can you throw your disc?

Bright ideas:

- Throw with your left hand then with your right hand
- Take a run up when throwing the disc
- Try spinning the disc by flicking your wrist



Forehand Grip

Lightly pinch the rim of the disk between the thumb and first two fingers.

Forehand Stance

Take a wide step with your right foot if you are right handed. Rotate your hips so they are facing your target and flick your wrist to release!



Can you get the disc to fly flat into a space in front of you?

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PRACTICE

For this challenge, you will need a family member to help you.

They should stand a safe distance away from you.



Using a forehand throw, how many times can you catch the disc between you in 1 minute? Try using a backhand throw and see which is more challenging!



Tip: Try using the pincer catch when receiving the Frisbee – for a real challenge, try jumping vertically from two feet to two feet and catching at the same time.

Physics Challenge



Ultimate Frisbee was first played in the American state of New Jersey. Thomas Edison was born in New Jersey and invented the light bulb in 1879. Electricity is needed to power light bulbs or lamps.

- Can you describe the difference between AC and DC current?
- Can you draw the symbols for the following; RESISTOR, CELL, FUSE, DIODE, SWITCH

Can you show how three of these components may be linked in series and parallel circuits to allow a lamp to be switched on?

Edison once said, "Genius is 1% inspiration and 99% perspiration." What do you think this means? How can you apply this to your life?



Make sure you have enough room to complete the tasks.



PSHE and Citizenship Challenge

The first World Ultimate Frisbee Championships were held in Gothenburg in Sweden in 1983.



Greta Thunberg is a Swedish environmental advocate and climate change activist.

- What aspects of the environment are important to you?

In May 2019, students across the United Kingdom joined together to protest about climate change.

- Why is democracy so important to our country? What does the term democracy mean to you?

DEVELOP



Get a member of your family to help you with this activity. You will need to place a line down the centre of your working area (the bigger the area the better.)

One player stands on one side of the line, the other opposite.

Using the forehand or backhand technique, throw the disc over the line. If your opponent catches the disc, they throw it back to you using the same technique – keep the rally going until someone drops the disc.

If a player drops the disc, the point goes to the opponent. Try to move your opponent around the area to make it difficult for them! Play up to 11 points and see who wins!

Try using the pincer grip to catch the disc with your thumbs on top and your fingers underneath, with or without jumping.



Parent's Tip!

Make sure that you have the correct grip before throwing the disc. Increase the size of the area when playing the 'develop' game. Try one-handed catching for more of a challenge!

